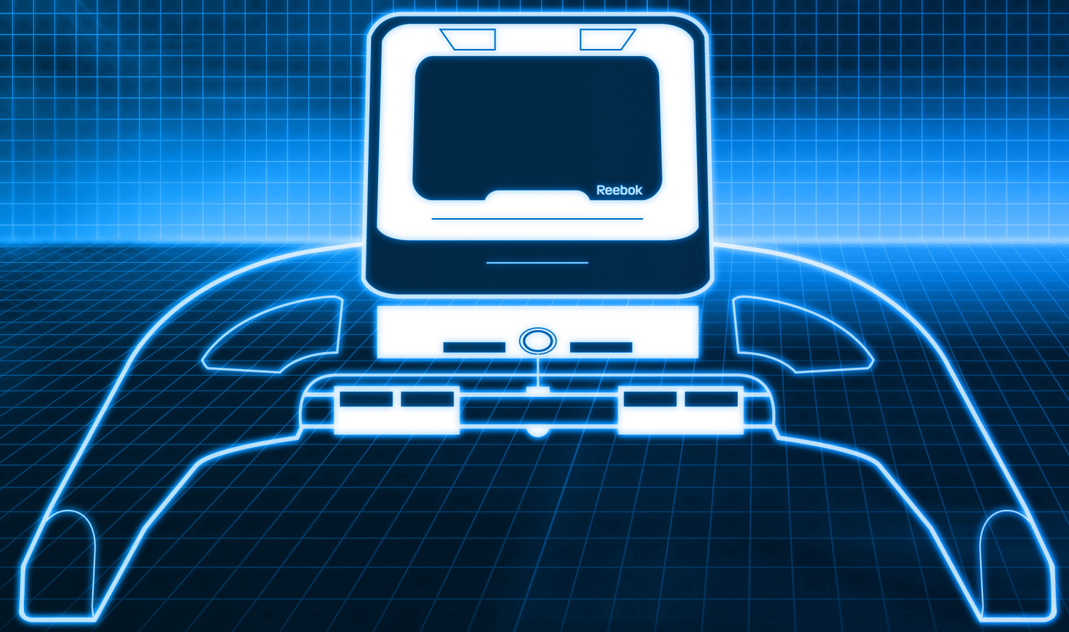
ZRK2

CONSOLE USER GUIDE



Reebok

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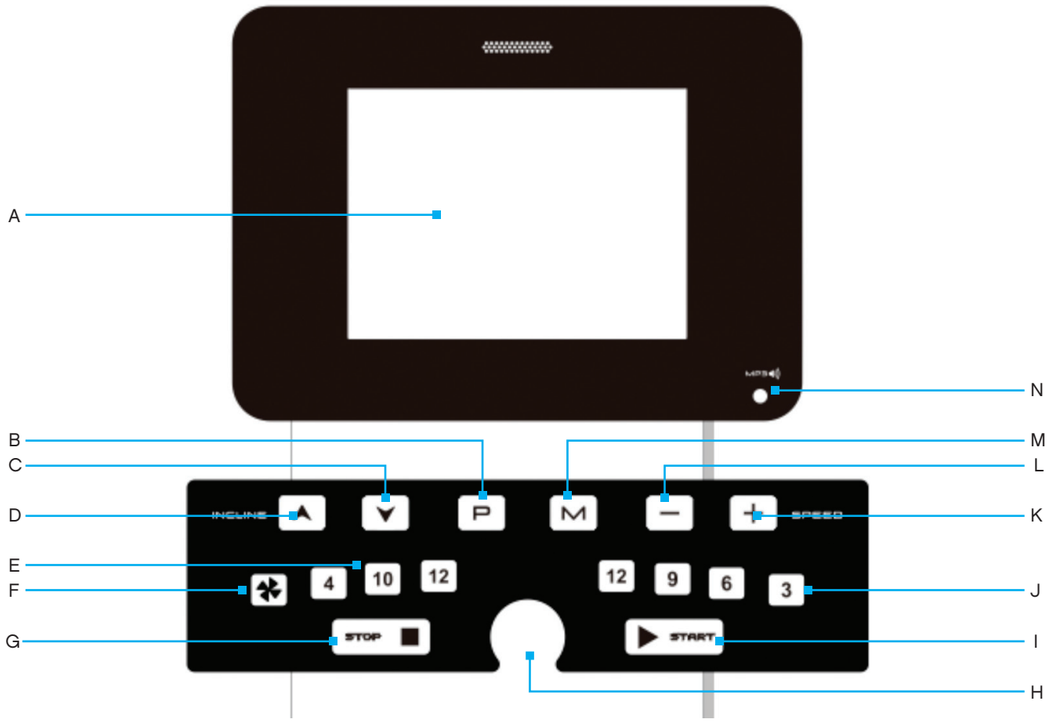

COMPUTER FUNCTION

A LCD Display
B Program
C Incline Down
D Incline Up
E Instant Incline
F Fan
G Stop
H Safety Key
I Start
J Instant Speed
K Speed +
L Speed -
M Mode
N MP3 Input

BUTTON OPERATION

Start

Will commence a program.

Press to pause when machine is running, press again to restart. The machine will count down and start again.

Stop

To stop machine at any time during a workout. The running belt will slow and stop completely.

Speed “-”

Decrease Speed during workout.

Decreases parameters when in Body fat mode.

Speed “+”

Increases speed during workout.

Increases parameters when in Body Fat mode.

Incline ▼

Lowers the running belt incline level during workout.

Lowers the running belt incline when in a program or setting a segment within U01 – U03 settings mode.

Incline ▲

Raises the running belt incline level during workout.

Raises the running belt incline when in a program or setting a segment within U01 – U03 settings mode.

Instant Speed

Use to select an exact speed when running.

Instant Incline

Use to select and instant incline when running.

Program **(P)**

Selects the desired program (Manual, P01-P24, U01-U03, FAT). See **COMPUTER PROGRAMS** below.

Mode **(M)**

To confirm parameters in FAT program.

To move to next function when in U01-U03 function.

In manual mode press to select Time, Distance or Calories to work out to.
Once selected use Speed **+/-** to alter and press **START** to begin.

Fan

Press to turn fan on/off.

MP3 Input

Allows connection to personal MP3 player via supplied cable. Music will be played through built in speakers and volume controlled by MP3 player.

Safety Key

Included with this machine is a red Safety Key, without which the treadmill won’t operate. Its purpose is to immediately stop the machine in the event of an emergency. The computer will display “**SAFETY KEY TAKE OFF**” if the key is not correctly attached to the treadmill. The clip on the other end of the safety key must be attached to the user at all times during your workout to ensure the machine stops immediately in the event of an emergency.

NEVER stand on the machine when the safety key is being inserted, **ALWAYS** stand on the side rails until the machine has started.

Pulse Sensors

There are pulse sensors located on the front handlebar. In order to monitor the users pulse rate these can be held during workout. Please note both sensors must be held in order for the reading to be given.

Note: The pulse monitor is a guide for reference only and not for medical use or monitoring.

COMPUTER PROGRAMS

MANUAL

P1 – P24

U1 – U3

BODY FAT FUNCTION (FAT)

MANUAL

When the machine is switched on, press **START** immediately to begin in manual mode. To work out to a set Time, Distance or Calories press mode to select required field, use **SPEED +/-** to set and press **START** to begin. Please note the selected field will count down and the other figures will count up from 0.

P1 – P24

These are preset programs in which the machines speed or incline will be changed automatically during a workout.

Note: If speed/incline is altered by the user during these programs it will revert back to the preset speed/incline at the next segment of the program.

1. From standby screen, Press **PROGRAM (P)** button to select required program.
2. Press **START** to select and begin using the preset time.
3. The default workout time for these programs is 30 minutes. This can be altered by pressing **SPEED +/-** buttons before **START** is selected.
4. During these programs the speed and incline settings are split into 10 segments. The time of each segment depends on the overall time selected. For example a 10 minute program = 10 segments of 1 minute. Therefore the speed/incline would alter every 1 minute. Times may differ to allow for warm up and cool down.
5. The console will count down and beep for 3 seconds each time the speed/incline is changed.

U1 – U3

In these programs the user can define the Speed and Incline for a personal workout.

1. From standby screen press **PROGRAM (P)** to select U1 – U3.
2. Time will flash, use the **SPEED +/-** to adjust.
3. Press **MODE (M)** to enter the first segment of the program.
4. Use **SPEED +/-** or **INCLINE ▲/▼** to change the speed and/or incline for the segment.
5. Press **MODE (M)** to move to the next segment.
6. When all 10 segments are complete press **START** to begin.

Note: When setting the speed and incline for each segment the level will be displayed in the relevant window of the computer.

BODY FAT FUNCTION (FAT)

1. Press **PROGRAM (P)** button until Body Fat Function is displayed (FAT).
2. F1 – Sex will be displayed. Press **SPEED +/-** to switch between 1 (male) and 2 (female). Press **MODE (M)** to confirm.
3. F2 – Age will be displayed. Press **SPEED +/-** to adjust (preset is 25 years). Press **MODE (M)** to confirm.
4. F3 – Height will be displayed. Press **SPEED +/-** to adjust (preset is 170cm). Press **MODE (M)** to confirm.
5. F4 – Weight will be displayed. Press **SPEED +/-** to adjust (preset is 70kg). Press **MODE (M)** to confirm.
6. F5 will be displayed. At this stage the user information has been stored. Place both hands on the pulse sensors for approximately 2-3 seconds. The test results will then be displayed as below:

18 or below	Underweight
18-22	Normal Weight
23-28	Overweight
29 or above	Obese

Note: All readings given are a guideline only and not to be used as a medical device.

KPH Setting

KPH Setting		1	2	3	4	5	6	7	8	9	10
P01	Speed	0.6	1.8	3.1	3.1	3.1	4.3	4.3	3.1	1.8	1.2
	Incline	2	2	8	6	6	4	4	6	2	2
P02	Speed	1.2	1.8	3.1	5	3.1	3.1	3.7	5	2.5	1.8
	Incline	3	3	2	2	8	8	4	4	4	4
P03	Speed	1.2	1.8	4.3	5	3.1	3.1	3.1	5	2.5	1.8
	Incline	1	2	5	7	7	4	4	6	2	2
P04	Speed	1.2	1.2	3.1	5	5	5	5	3.1	1.8	1.2
	Incline	3	3	9	9	9	9	9	6	2	2
P05	Speed	1.8	2.5	5	5.6	6.2	6.2	6.2	4.3	2.5	1.8
	Incline	2	2	8	6	6	6	6	6	1	1
P06	Speed	1.8	2.5	3.7	4.3	4.3	4.3	5.6	6.2	3.1	1.8
	Incline	1	8	8	7	7	7	7	5	3	1
P07	Speed	1.8	2.5	2.5	6.2	2.5	5.6	2.5	6.8	1.8	1.2
	Incline	1	1	6	6	6	8	8	10	6	2
P08	Speed	1.8	3.1	4.3	5.6	1.8	3.1	4.3	3.1	6.8	3.1
	Incline	3	3	3	7	7	3	3	3	5	5
P09	Speed	1.8	4.3	6.2	2.5	4.3	6.8	3.1	2.5	7.5	3.7
	Incline	3	6	7	3	8	8	3	8	4	4
P10	Speed	1.8	3.1	5.6	6.2	3.7	3.7	5.6	3.7	6.8	1.8
	Incline	2	7	5	5	8	8	8	8	4	4
P11	Speed	2.5	3.1	6.8	5.6	3.7	5	5.6	6.8	3.7	3.1
	Incline	1	6	3	3	7	7	4	4	6	6
P12	Speed	2.5	3.7	6.2	6.2	6.2	4.3	4.3	6.2	3.7	3.1
	Incline	3	8	9	5	5	8	8	4	4	4

KPH Setting		1	2	3	4	5	6	7	8	9	10
P13	Speed	0.6	1.8	3.1	3.1	3.1	4.3	4.3	3.1	1.8	1.2
	Incline	2	2	8	6	6	4	4	6	2	2
P14	Speed	1.2	1.8	3.1	5	3.1	3.1	3.7	5	2.5	1.8
	Incline	3	3	2	2	8	8	4	4	4	4
P15	Speed	1.2	1.8	4.3	5	3.1	3.1	3.1	5	2.5	1.8
	Incline	1	2	5	7	7	4	4	6	2	2
P16	Speed	1.2	1.2	3.1	5	5	5	5	3.1	1.8	1.2
	Incline	3	3	9	9	9	9	9	6	2	2
P17	Speed	1.8	2.5	5	5.6	6.2	6.2	6.2	4.3	2.5	1.8
	Incline	2	2	8	6	6	6	6	6	1	1
P18	Speed	1.8	2.5	3.7	4.3	4.3	4.3	5.6	6.2	3.1	1.8
	Incline	1	8	8	7	7	7	7	5	3	1
P19	Speed	1.8	2.5	2.5	6.2	2.5	5.6	2.5	6.8	1.8	1.2
	Incline	1	1	6	6	6	8	8	10	6	2
P20	Speed	1.8	3.1	4.3	5.6	1.8	3.1	4.3	3.1	6.8	3.1
	Incline	3	3	3	7	7	3	3	3	5	5
P21	Speed	1.8	4.3	6.2	2.5	4.3	6.8	3.1	2.5	7.5	3.7
	Incline	3	6	7	3	8	8	3	8	4	4
P22	Speed	1.8	3.1	5.6	6.2	3.7	3.7	5.6	3.7	6.8	1.8
	Incline	2	7	5	5	8	8	8	8	4	4
P23	Speed	2.5	3.1	6.8	5.6	3.7	5	5.6	6.8	3.7	3.1
	Incline	1	6	3	3	7	7	4	4	6	6
P24	Speed	2.5	3.7	6.2	6.2	6.2	4.3	4.3	6.2	3.7	3.1
	Incline	3	8	9	5	5	8	8	4	4	4

1KPH = approx 0.6 MPH

MPH Setting

MPH Setting		1	2	3	4	5	6	7	8	9	10
P01	Speed	1	3	5	5	5	7	7	5	3	2
	Incline	2	2	8	6	6	4	4	6	2	2
P02	Speed	2	3	5	8	5	5	6	8	4	3
	Incline	3	3	2	2	8	8	4	4	4	4
P03	Speed	2	3	7	8	5	5	5	8	4	3
	Incline	1	2	5	7	7	4	4	6	2	2
P04	Speed	2	2	5	8	8	8	8	5	3	2
	Incline	3	3	9	9	9	9	9	6	2	2
P05	Speed	3	4	8	9	10	10	10	7	4	3
	Incline	2	2	8	6	6	6	6	6	1	1
P06	Speed	3	4	6	7	7	7	9	10	5	3
	Incline	1	8	8	7	7	7	7	5	3	1
P07	Speed	3	4	4	10	4	9	4	11	3	2
	Incline	1	1	6	6	6	8	8	10	6	2
P08	Speed	3	5	7	9	3	5	7	5	11	5
	Incline	3	3	3	7	7	3	3	3	5	5
P09	Speed	3	7	10	4	7	11	5	4	12	6
	Incline	3	6	7	3	8	8	3	8	4	4
P10	Speed	3	5	9	10	6	6	9	6	11	3
	Incline	2	7	5	5	8	8	8	8	4	4
P11	Speed	4	5	11	9	6	8	9	11	6	5
	Incline	1	6	3	3	7	7	4	4	6	6
P12	Speed	4	6	10	10	10	7	7	10	6	5
	Incline	3	8	9	5	5	8	8	4	4	4

MPH Setting		1	2	3	4	5	6	7	8	9	10
P13	Speed	1	3	5	5	5	7	7	5	3	2
	Incline	2	2	8	6	6	4	4	6	2	2
P14	Speed	2	3	5	8	5	5	6	8	4	3
	Incline	3	3	2	2	8	8	4	4	4	4
P15	Speed	2	3	7	8	5	5	5	8	4	3
	Incline	1	2	5	7	7	4	4	6	2	2
P16	Speed	2	2	5	8	8	8	8	5	3	2
	Incline	3	3	9	9	9	9	9	6	2	2
P17	Speed	3	4	8	9	10	10	10	7	4	3
	Incline	2	2	8	6	6	6	6	6	1	1
P18	Speed	3	4	6	7	7	7	9	10	5	3
	Incline	1	8	8	7	7	7	7	5	3	1
P19	Speed	3	4	4	10	4	9	4	11	3	2
	Incline	1	1	6	6	6	8	8	10	6	2
P20	Speed	3	5	7	9	3	5	7	5	11	5
	Incline	3	3	3	7	7	3	3	3	5	5
P21	Speed	3	7	10	4	7	11	5	4	12	6
	Incline	3	6	7	3	8	8	3	8	4	4
P22	Speed	3	5	9	10	6	6	9	6	11	3
	Incline	2	7	5	5	8	8	8	8	4	4
P23	Speed	4	5	11	9	6	8	9	11	6	5
	Incline	1	6	3	3	7	7	4	4	6	6
P24	Speed	4	6	10	10	10	7	7	10	6	5
	Incline	3	8	9	5	5	8	8	4	4	4

1MPH = approx 1.6 KPH

KPH to MPH conversion

The Speed and Distance can be set to operate in MPH or KPH.

To switch between these:

1. Remove the SAFETY KEY.
2. Press and hold **PROGRAM (P)** and **MODE (M)** buttons together.
3. The SPEED window will display M or KM.
4. Select **M** for miles and **KM** for kilometers.
5. Attach the safety key to begin using the selected setting:

	MPH	KPH
Speed	0.6-11 MPH	1-18 KPH
Age	10-100	10-100
Height	39-78 inches	100-199 cm
Weight	20-150 kg	44-330 lbs
Incline	12 levels	12 levels